

# New Year MENU SUGGESTIONS!

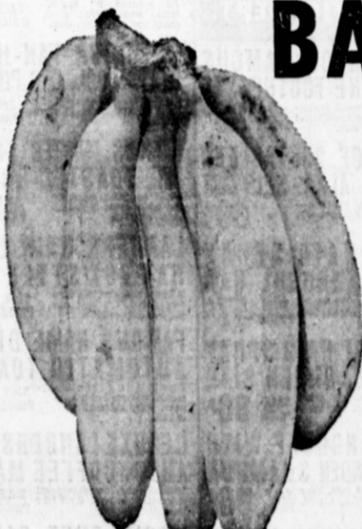
Pick up your FREE MARY MORGAN RECIPE for a new and exciting food idea! . . .

<b>ICE CREAM</b> .....	FOREMOST FAMILY STYLE 1/2 Gallon Carton	<b>49¢</b>
<b>JELL-O</b> .....	GELATINE DESSERTS 3-oz. Pkg.	<b>3 for 19¢</b>
<b>MAYONNAISE</b> .....	WESSON Quart Jar	<b>39¢</b>
<b>CHUNK TUNA</b> .....	CARNATION LIGHT MEAT 6 1/2-oz. Can	<b>19¢</b>

<b>CHINESE FOODS</b> WONG'S FROZEN Reg. Pkg. <b>39¢</b> Fried Rice, Egg Foo Young, Pork Chop Suey, Chicken Chop Suey, and Shrimp Chow Mein	<b>MEAT PIES</b> SWANSON'S FROZEN 8-oz. Pie <b>4 for \$1</b>	<b>CHEESE SPREADS</b> KRAFT—5 1/2-oz. Glass Jar <b>29¢</b> Cheese and Bacon, Garlic, Old English and Roka
<b>CHINESE FOODS</b> WONG'S FROZEN Reg. Pkg. <b>49¢</b> Egg Roll and Sweet and Sour Pork	<b>FROZEN PIES</b> JOHNSTON'S Pumpkin, Mince & Apple—9-inch Pie <b>59¢</b>	<b>SWEET PICKLES</b> DEL MONTE 22-oz. Jar <b>59¢</b>
<b>INSTANT COFFEE</b> MAXWELL HOUSE 10-oz. Jar <b>1 19</b> Price includes 20¢ off	<b>DOG FOOD</b> DR. ROSS 1-lb. Can <b>2 for 29¢</b>	<b>DEVILED HAM</b> UNDERWOOD 2 1/2-oz. Can <b>5 for \$1</b>
<b>COFFEE</b> MAXWELL HOUSE 2-lb. Can <b>\$1.17</b> 1-lb. Can <b>59¢</b>	<b>BREADED SHRIMP</b> CERTI-FRESH PDG Frozen, 6-oz. Pkg. <b>69¢</b>	<b>DRY ROAST PEANUTS</b> PLANTER'S 9 1/2-oz. Jar <b>59¢</b>
<b>NIBLET'S CORN</b> 12-oz. Can <b>6 for \$1</b>	<b>LIQUID STARCH</b> ELASTIC 1/2 Gallon Bottle <b>57¢</b>	<b>CHEESE SPREADS</b> KRAFT 5 1/2-oz. Glass Jar <b>25¢</b> Olive, Pimiento, Pimiento Cream & Pineapple Cream
<b>STEWED TOMATOES</b> HUNT'S 300 Can <b>6 for \$1</b>	<b>TEA BAGS</b> TENDER LEAF—Price includes 10¢ off 48-ct. Box <b>59¢</b>	<b>SNACK CRACKERS</b> NABISCO Reg. Pkg. <b>39¢</b>
<b>STA PUFF RINSE</b> Price includes 5¢ off Quart Bottle <b>43¢</b>	<b>VET'S DOG FOOD</b> 1-lb. Can <b>3 for 25¢</b>	<b>HI-HO CRACKERS</b> SUNSHINE—13 1/2-oz. Box <b>33¢</b>
<b>MARGARINE</b> FLEISCHMANN'S 1-lb. Cm. <b>35¢</b>		<b>TOMATO JUICE</b> LIBBY'S 46-oz. Can <b>25¢</b>

<b>FAMILY SIZE PIZZA</b> OH BOY Large Pkg. <b>89¢</b>	<b>FRUIT COCKTAIL</b> HARVEST DAY 2 1/2 Can <b>29¢</b>
<b>ORANGE JUICE</b> CAL FAME FROZEN 6-oz. Can <b>29¢</b>	<b>APPLESAUCE</b> HARVEST DAY 2 1/2 Can <b>25¢</b>

sparkling fresh fruits and vegetables



**BANANAS**  
Golden Ripe Central American Beauties . . . Finest Quality . . .  
Serve atop your favorite cereal . . . in cakes or fruit bowls.

**LARGE AVOCADOS**  
Fuerte Variety . . . For delicious New Year's dips. **2 for 25¢**

**RUSSET POTATOES**  
U.S. NO. 1 . . . Nice Selection of sizes . . . Serve your favorite way. **8 -lb. Cello Bag 33¢**

**FANCY TANGERINES**  
Extra Large Size . . . Extra Fancy Quality **2 lbs. 29¢**

**WINESAP APPLES**  
Extra Fancy . . . Deep Red Color. Juicy, Sweet and Crisp. **4 lbs. 49¢**

ALL PRICES EFFECTIVE THURS., DEC. 26 through TUES., DEC. 31

**Housewares Department Specials**

**WELCOME MAT** JUMBO \$1.98 VALUE **99¢**  
All rubber, 17 x 26 size. Heavy duty.

**HEAVY BOTTOM GLASSES** SHAM BOTTOM 4 for 90¢ VALUE **6 for 75¢**  
Stock up now for Holiday parties.

a lower total at Lucky



1516 PACIFIC COAST HWY. SOUTH REDONDO      24911 SOUTH WESTERN AVENUE AT LOMITA BLVD. — LOMITA      2515 TORRANCE BLVD. AT CRENSHAW — TORRANCE

WISK LIQUID Bottle <b>69¢</b>	MODESS SANITARY NAPKINS 24 Count Box <b>87¢</b>	SCOTT TOILET TISSUE 1000 Sheet Roll <b>2 for 27¢</b>
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All Lucky Stores will be closed New Year's Day, Wednesday, Jan. 1  
**NEW YEAR'S EVE STORE HOURS—SHOP EARLY!**  
TUESDAY, DECEMBER 31 — 9:00 a.m. to 7:00 p.m.

## LIVING WITH YOUR HEART

### Keep Calories In Check This Holiday Season

By JOHN L. DENNEY, M. D. President, Los Angeles County Heart Association

This is the time of year when holidays begin to pile up on us. And, as any 10-year-old can tell you, the highlight of a holiday is the feast. The word "feast," according to Webster, "suggests rich and abundant viands."

For a person in good health, an occasional splurge a la Webster at holiday time won't do any great harm — provided we cultivate a year-round respect for calories and what they can do to our waists. As one doctor has put it: It isn't the weight gained between Christmas and New Year's Eve that becomes a medical problem — it's the weight gained between New Year's Eve and Christmas.

But even if the doctor has prescribed a low-calorie diet for one or more members of the family, the cook need not despair. She can still put luxurious and interesting feast on the holiday table if she has a few tricks up her sleeve, your Los Angeles County Heart Association says. And everyone can benefit by using these tricks year-round, since overweight is probably the most widespread health hazard in the U. S.

There are three essential steps to every meal: buying, preparing and serving the food. Excess calories can creep in anywhere along the way. Here are some suggestions from your Heart Association to help you keep calories in check.

The wide variety of foods available in grocery stores and meat markets gives the housewife a broad range of possibilities. If she plans her menus and shopping list carefully, she can start with foods that are lower than others in calories and still provide an almost limitless diversity in family meals.

In the meat department, learn the advantages and qualities of the different cuts. At the beef counter, eye of round, top and bottom round, lean ground round, lean rump and tenderloin will have less built-in, calorie-loaded fat than fat-marbled steaks and rib roasts. For more variety in low-fat, low-calorie cuts, choose well-trimmed leg of lamb, lean loin of pork, well-trimmed ham.

In the poultry section, remember that duck and goose

are rich in fat; otherwise you are free as . . . uh . . . a bird.

EVEN AMONG vegetables and fruits, you have a wide choice, some higher, some lower in calories.

Now comes the preparation of the foods which have been carefully selected to be on the light side calorie-wise. Keep them that way. After choosing lean meats, trim off excess fat. Cook out more of the fat by broiling, roasting or baking. Don't baste with drippings; if basting is needed try consommé, fruit juice, or wine, to lend moisture and subtle flavor too.

Avoid rich sauces and heavy dressings. Instead of creamed soups, serve consommé or tomato juice. Try using lemon juice on green vegetables. Vary herbs and spices to add a maximum of flavor with a minimum of calories.

SERVING THE food can present some serious pitfalls. The generous housewife often wants to heap her husband's plate, then coax him into second and third helpings. The answer is: Don't. A leaner husband is a healthier one.

Serve adequate portions attractively. Smaller plates will make servings seem larger. So will adding a few garnishes, like sprigs of parsley, pickle slices, celery, green pepper sticks, carrot curls and lettuce beds. (They take up space too.) Slice meat thin: three ounces of London broil looks like twice as much as three ounces of solid sirloin.

Finally, remember that meal times should be fun times for the family. If someone in the family has to watch his weight for medical reasons, you can help by controlling the calories in the kitchen. That way you and everyone else will be able to relax at the table.

AS A PUBLIC service the Heart Association makes available free of charge educational pamphlets and booklets on heart health.

One such pamphlet is "How the Doctor Examines Your Planation of what the doctor Heart," which is a simple ex-does when he examines your heart.

This interesting pamphlet and others on heart and blood vessel disorders can be obtained by writing to your Los Angeles County Heart Assn., 16811 Hawthorne Blvd., Lawndale 90260, or by phoning 371-3591.

### Storm Drain Deficiencies Outlined by Burton Chace

An estimated 2,055 storm drain projects — estimated to cost \$1.2 billion — are needed to meet present and future development needs of Los Angeles County, Supervisor Burton W. Chace disclosed today.

The summary, prepared by M. E. Salsbury of the County's Flood Control District, points up the fact that it appears impractical to authorize all 2,055 drain projects as a single undertaking because of the costly and prolonged 20-year program required.

Chace said it would be unnecessary to finance the overall program at this time since many of the projects are intended for protection of areas yet to be developed.

### Top Speakers Selected by Realty Group

A speech based on Rudyard Kipling's poem "IF" presented by George Mobley won the best prepared speech award at the recent meeting of the Torrance-Lomita Realtors Toastmasters. Don Taylor presided over the breakfast session. Runners up for the award were Dan Ingram and Marie Hall.

Fran Burgjohan was the winner of the Table Topics award, Meyer Dow presiding over the impromptu speaking contest.

Best critic award was given to Charles Cederlof and a general evaluation of the entire meeting was made by Don Mario.

The group meets each Thursday morning at 8 a.m. and is open to the public. Further information may be obtained by calling Rod Lewis at FR 8-9551.